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HOW TO BEAT THE HOLIDAY HANGOVER

HEALTH, FITNESS EXPERTS GIVE SEVEN SURVIVAL TIPS FOR THE FESTIVE EXCESS OF THIS TIME OF YEAR **PAGE 15**

Canadian pockets a little light in '13

Majority surveyed say their financial position this year is no better than last year's, but it isn't all bad news countrywide **PAGE 10**

Poster kid goats Christmas gifters

Buying livestock from World Vision's Christmas catalogue could support an entire family in a developing country **PAGE 6**

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LIVE 88.5fm



REDBLACKS ADD VET QB

Calgary Stampeders quarterback Kevin Glenn looks to pass against the Eskimos in October. The Stampeders have lost Glenn to the Ottawa Redblacks in the first round of the CFL expansion draft. For more on the draft, see page 4. LARRY MACDOUGAL/THE CANADIAN PRESS FILE

Is helping poor kids your job, Mr. Moore? Yes, it sort of is

Apology. Contrite federal minister's riding is in B.C., the province with the highest child-poverty rate in Canada



KATE WEBB
Metro in Vancouver

Federal Industry Minister James Moore apologized Monday for making an "insensitive" comment to a reporter last week that child poverty is not Ottawa's problem.

"Is it my job to feed my neighbour's child? I don't think so," he chuckled to a Vancouver News1130 radio reporter, after saying the federal government is not going to "usurp the province's jurisdiction" over addressing child poverty.

At first, the MP, who is seen by some as a potential future

Tory leadership contender, insisted his comment had been taken out of context and also claimed the quote was inaccurate, but after the radio station posted the full audio clip on its website, he changed his tune.

"Caring for each other is a Canadian ethic that I strongly believe in — always have and always will," the Port Moody-Westwood-Port Coquitlam MP said in a blog post published on his website on Monday.

"Of course poverty is an issue that concerns me, and concerns all Canadians. All levels of government, indeed all members of our society, have a responsibility to be compassionate and care for those in need."

B.C. has the highest child-poverty rate in the country at 18.6 per cent, compared to the national rate of 13.3 per cent, according to youth advocacy group First Call.

Adrienne Montani, B.C. co-

ordinator for First Call, said Moore's apology did not go far enough.

"He has a role as minister of industry to look at what kind of jobs, what kind of industries are getting federal government support and which kind

The quote

"Is it my job to feed my neighbour's child? I don't think so." Minister James Moore

aren't," she said.

"Right now we need two parents to work in most families, so either bring down the cost of living, like child care and housing, or raise wages, or make government subsidies better for those who the (job) market serves poorly and are on low wages."

Moore did not make himself available for comment Monday.

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Centretown Health Centre to get \$3M facelift, expansion



MPP for Ottawa Centre Yasir Naqvi announces a \$3-million grant for renovating and expanding the Centretown Community Health Centre Monday. TREVOR GREENWAY/METRO

'We have issues.'

Providing primary health care, social services through centres more cost effective than through hospitals



TREVOR GREENWAY
trevor.greenway@metronews.ca

The Centretown Community Health Centre is getting a major facelift and expansion thanks to a \$3-million provincial grant announced by Ottawa-Centre MPP Yasir Naqvi early Monday morning.

The capital grant will go towards some much-needed fixes like leaky pipes and air circulation.

"As you can tell, we have issues," said health centre executive director Simone Thibault, pointing to a large hole in the ceiling. "This investment will help make the building what it needs to be, in

terms of infection control, accessibility and just a really well organized space."

The centre is also expanding by 5,000 square feet, to allow for more patients and programs. Part of the rent on the new space will be paid by Ontario and the Champlain Local Health Integration Network who have committed to \$150,000 every year.

Thibault told Metro the centre treats 15,000 patients every year, but she expects that number to grow.

"The part that is hard always is when I see children and caregivers being turned away because they can't get into the early years program," she said. "We can't offer enough programming ... because we don't have enough space."

Naqvi told Metro investing in the Centretown health centre is a must for his government, as the population is growing, as is demand for services in the area. He said the centre is a "local hub" for health and social services.

Dec. 11

Correction

A Dec. 11 page 6 story headlined "Committee OKs Plans for 10-unit building with 3 parking spaces" incorrectly identified Eli Tannis as the applicant in the 186 James St. conversion application. Mr. Tannis does not own or have any interest in the proposed 10-unit conversion or the property. Metro regrets this error. METRO

War-history hype returning to Winterlude

The Department of Canadian Heritage is standing by its decision to promote Canada's war efforts during the 2014 edition of Winterlude and says Canadian war history will be a recurring theme in the years to come.

Canadian Heritage Minister Shelly Glover announced Monday the programming lineup for the 36th edition of Canada's most iconic, family-oriented winter festival, which will run

from Jan. 31 to Feb. 17.

One of the new attractions will be a large ice sculpture made up of 100 ice blocks to commemorate the start of the First World War. Veterans Affairs Canada will unveil the sculpture at an official lighting ceremony in Confederation Park. "For those who don't want to visit the sculpture, that's their choice," said Glover when asked to respond to the criticism that Winterlude isn't

the place to commemorate war. "I believe that it's important we remember the sacrifices of our ancestors."

Another historic nod will be an electronic music "kitchen party" that will blend folk traditions of Prince Edward Island and Quebec to mark the 150th anniversary of the Charlotte-town and Quebec conferences.

A full list of programming is available at pch.gc.ca.

JOE LOFARO/METRO



Ice Hogs stand with Minister of Canadian Heritage Shelly Glover, Ottawa city councillor Steve Desroches and Gatineau city councillor Daniel Champagne. JOE LOFARO/METRO



Did you know **72%** of pain sufferers regularly have trouble sleeping?

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Ottawa Redblacks head coach Rick Campbell, left, and general manager Marcel Desjardins announce their 24 picks at Fifth Avenue Court during the CFL expansion draft Monday. **TREVOR GREENWAY/METRO**

Redblacks go for quality, depth and 'special skills'

CFL expansion draft. Franchise picks 'foundation' players to build team



TREVOR GREENWAY
trevor.greenway@metronews.ca

The Ottawa Redblacks are going with an experienced quarterback next season, selecting proven pivot Kevin Glenn from the Calgary Stampeders and Thomas DeMarco from the B.C. Lions in the first round of the CFL expansion draft Monday.

Glenn should give the Redblacks not only leadership on the gridiron, but his name should help the team draw in fans in its first year in the league.

"We're selecting players who will be the foundation of our franchise moving for-

ward and will help establish our culture," said Redblacks general manager Marcel Desjardins at the Ottawa expansion draft.

"It became a function of having two guys that we felt were the best quarterbacks available that were not going to be free agents."

Glenn led Calgary to a league-best 14-4 record last season and threw for 2,710 yards and recorded 18 touchdowns with seven interceptions.

B.C. Lions quarterback DeMarco filled in for the injured Travis Lulay, throwing for 1,325 yards with 10 touchdowns and eight interceptions.

Redblacks coach Rick Campbell said the team's newest 24 players selected in Monday's draft include both young players with potential and proven veterans who can contribute to the team when they first take to the field



Ottawa Redblacks general manager Marcel Desjardins announces his picks during the CFL expansion draft Monday as head coach Rick Campbell, background, listens to questions. **TREVOR GREENWAY/METRO**

next fall.

"It's a diverse group, I think we stuck with our philosophy of taking the best players we could find," he said to reporters following the draft.

"We also tried to take some impact players or some young receivers — a running back like Chevon Walker,

those are guys that can make big plays, so we wanted to take quality and depth, but also show that we could have some guys that have some special skills."

The next step in Ottawa's return to the CFL will be signing players and trimming down the team once training camp opens up next spring.

In the mix

Who else did the Redblacks draft?

The first round also saw the Redblacks pluck running back Chevon Walker (Hamilton), defensive linemen Jonathan Williams (Toronto) and Moton Hopkins (Montreal), receivers Wallace Miles (Winnipeg) and Carleton Mitchell (Edmonton) and offensive lineman James Lee (Saskatchewan).

Round two of the draft required the Redblacks to select eight Canadian players from the eight other teams in the CFL. Desjardins announced his staff had picked fullbacks Patrick Lavoie

(Montreal) and John Delahunty (Hamilton), linebacker James Green (Winnipeg), defensive lineman Keith Shologan (Saskatchewan), and offensive linemen J'Michael Deane (Calgary), Matt Albright (B.C.), Alex Krausnick (Edmonton) and Joe Eppele (Toronto).

Round three of the draft saw the Redblacks grow by another eight Canadian players, with offensive centre Marwan Hage (Hamilton), safety Eric Fraser (Calgary), linebackers Jason Pottinger (Toronto) and Jordan Verdore (Montreal), wide receiver Rory Kohlert (Winnipeg), defensive ends Justin Capicciotti (Edmonton) and Andrew Marshall (B.C.) and defensive tackle Zack Evans (Saskatchewan) joining the squad. **TREVOR GREENWAY/METRO**



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Rideau Canal Skateway. You may be out on the ice before the new year: NCC

If the deep freeze persists in the National Capital Region, the Rideau Canal Skateway could be open before the new year, the National Capital Commission said Monday.

The unseasonably cold weather is making it more of a possibility, but, of course, such weather would need to continue.

Environment Canada is forecasting a high of 4 C on Friday.

The last time the canal opened before Jan. 1 was in 2004, when it opened on Dec. 28. The earliest recorded opening was Dec. 18, in 1972 and 1981.

The latest recorded opening was Feb. 2, 2002.

"We're hoping we don't have another one of those," said Emily Keogh, an NCC



Skaters enjoy the Rideau Canal.
METRO FILE

spokesperson. "It really varies."

The canal opened on Jan. 16 this year and closed to skaters on Feb. 28, for a total of 38 skating days.

JOE LOFARO/METRO

Gatineau

Triplex fire causes \$150K in damages

A kitchen fire in Gatineau left six people out in the cold Sunday evening.

Firefighters responded to a call at 188 Rue Garnier at around 6 p.m.

The blaze gutted one unit of a three-storey triplex, with smoke and water damage to the rest of the building. Damages are estimated at \$150,000.

According to Richard Groulx, the Gatineau Fire operation chief, nobody was injured and the fire was under control by 8:30 p.m. LUCY SCHOLEY/METRO

Building evacuated

2 hospitalized in carbon-monoxide scare on Coburg St.

Two people had a close call with carbon-monoxide poisoning Sunday night, when Ottawa firefighters were dispatched to a multi-unit building in the 100 block of Coburg Street. A fire-services spokesman said in an email two people were taken to hospital for possible carbon-monoxide poisoning. Firefighters called to the building detected the presence of the odourless gas.

The building was immediately evacuated and firefighters notified Enbridge Gas and the building owner. METRO



Marc Brown, monitoring and evaluation manager for World Vision, holds Frost, the poster kid for the World Vision Christmas catalogue. LUCY SCHOLEY/METRO

A great gift this year is getting someone's goat

World Vision. Items in charity's Christmas catalogue include livestock for the needy in developing world

LUCY
SCHOLEY

lucy.scholey@metronews.ca

The black and white six-week-old baby goat might seem cute, but she could be a source of income for an entire family in a developing

country.

The goat — named Frost — is just a pet who lives in Arnprior, but she's the poster kid for World Vision's Christmas catalogue this year.

Anyone can purchase an item — like a \$100 goat — from the catalogue and donate it to a family in need in a developing country. Instead of a present under the tree, a gift-giver donates to World Vision on behalf of a loved one.

"The whole idea of the program is to provide opportunities to purchase mean-

ingful gifts for people, especially during the Christmas season," said Marc Brown, World Vision's monitoring and evaluation manager.

World Vision purchases the animals overseas, and it's up to the communities to choose the families in need.

"It's not huge, but it's a starting point to help them develop their own source of income," said Brown. A full-grown goat can provide about four litres of milk a day.

Last year, 1,200 Ottawa families donated to World Vi-

World Vision Christmas

Catalogue items include:

- Cow: \$600; Goat: \$100; Chickens, fruit trees: \$80; Latrine for a community: \$125; Water filters: \$50; Two mosquito nets: \$30

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sion's Christmas catalogue. Donations totalled more than \$250,000.



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Friends say fake signer was part of murder mob

Bogus interpreter.
He was determined 'not mentally fit to stand trial' in 2003 killings, according to associates

The bogus sign-language interpreter at last week's Nelson Mandela memorial service was among a group of people who accosted two men found with a stolen television and burned them to death by setting fire to tires placed around their necks, one of the interpreter's cousins and three of his friends said Monday.

But Thamsanqa Jantjie never went to trial for the 2003 killings when other suspects did in 2006 because authorities determined he was not mentally fit to stand trial, said the four. They insisted on speaking anonymously because of the sensitivity of the fake-signing fiasco, which has deeply embarrassed South Africa's government and prompted a high-



Thamsanqa Jantjie, the bogus sign-language interpreter.
THE ASSOCIATED PRESS FILE

level investigation into how it happened.

Their account of the killings matched a description of the crime and the outcome for Jantjie that he himself described in an interview published on Sunday by the Sunday Times newspaper of Johannesburg.

"It was a community thing, what you call mob justice, and I was also there," Jantjie told the newspaper.

Jantjie was not at his house Monday, and the cousin told The Associated Press Jantjie had been picked up by someone in a car Sunday and had not returned. His cellphone rang through to an automatic message saying Jantjie was not reachable.

Instead of standing trial, Jantjie was institutionalized for a period of longer than a year, the four said, and then returned to live in his poor township neighbourhood on the outskirts of Soweto. At some point after that, they said, he started getting jobs doing sign-language interpretation at events for the governing African National Congress Party.

Jantjie told the AP last week he has schizophrenia and hallucinated, seeing angels while gesturing incoherently just three feet away from U.S. President Barack Obama and other world leaders during the Tuesday ceremony at a Soweto stadium. Signing experts said his arm and hand movements were mere gibberish.

THE ASSOCIATED PRESS



Record appeal for Syrian aid

A man cries while holding the body of child who was killed Sunday following a Syrian government airstrike in Aleppo, Syria. The exodus of millions of people from Syria prompted a record appeal by the UN on Monday for \$6.5 billion to help the displaced. ALEPPO MEDIA CENTER/THE ASSOCIATED PRESS

U.S. security

Gitmo prisoners transferred

Two Guantanamo Bay prisoners have been transferred to Saudi Arabia as part of a renewed effort to close the offshore U.S. prison.

U.S. officials say the two Saudis have been transferred to the custody of their own government after a security review.

Neither man had been charged with a crime. U.S. records show both were suspected members of al-Qaida and were considered to be at high risk of rejoining the terror group if released.

THE ASSOCIATED PRESS

France

Lab meat sold for eats

Meat from horses used in laboratory procedures was illegally sold as fit for human consumption and landed on French dinner tables, authorities said Monday.

The complex case raised new concerns about how France, with its rich culinary renown, polices its food supply.

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Spring thaw. Nenshi says Calgarians are mentally ready for next high water

Calgary's physical defences against flooding will be only marginally better by next spring, but Mayor Naheed Nenshi believes the city is psychologically prepared to deal with another major high-water event, should one occur in 2014.

"Of course, if we had another incident like this, it would be psychologically devastating, but I think we've built up human resilience in addition to physical resilience," Nenshi told Metro in an interview.

"One thing I didn't talk about much during the flooding — but was always just below the surface of the work that I was doing — was the mental and emotional well-being of people," the mayor added. "One of the reasons I pushed so hard to encourage people to volunteer and to help out neighbours and strangers wasn't just to get the basements cleaned up more

Calgary's psyche

"We've built up human resilience."

Naheed Nenshi, Calgary mayor, speaking of Calgarians' strength after spring floods

quickly. It was actually so that people who, in the worst period of their lives, when they were feeling so beaten down, would know they live in a community where others care about them."

City manager Owen Tobert noted, however, that the city still has lots of post-flood work to do on projects like riverbank reinforcements and resources are limited.

"We're looking at a profound amount of resilience that needs to be done, and well, the clock is ticking and we're running out of time," he said. "But were doing the best we can."

ROBSON FLETCHER/METRO IN CALGARY



Calgary Mayor Naheed Nenshi addresses media during the flooding crisis in June. METRO FILE

Fighter jets escorting Santa's sleigh 'a lot of fun': Norad

Controversy.

Critics say video with warplanes flanking the jolly old man's sleigh militarizes Christmas

The U.S. and Canadian military will entertain millions of kids again this Christmas Eve with second-by-second updates on Santa's global whereabouts. But there's something new this year: public criticism.

A children's advocacy group says an animated video on the Norad Tracks Santa website injects militarism into Christmas by showing fighter jets escorting Santa's sleigh. It's a rare swipe at the popular program, which last year attracted a record 22.3 million unique visitors from around the world to its website.

The North American Aerospace Defence Command defends the video as non-threatening and safe for kids.

The kerfuffle erupted two weeks ago over a 39-second video on noradsanta.org called "Norad Tracks Santa Trailer Video 2013."

A five-second segment of the video — which is also on YouTube — shows two fighter jets flanking Santa.

The Boston-based Campaign for a Commercial Free Childhood said the video brings violence and militarism to a beloved tradition. Others had similar criticism. Blogs and Twitter lit up with volleys from both sides.

Josh Golin, the coalition's associate director, reiterated his criticism in an interview with The Associated Press, but he called the brouhaha "a media-manufactured contro-



Volunteers take phone calls from children asking of Santa's whereabouts during the 2012 Norad Tracks Santa Operation, at Peterson Air Force Base, in Colorado Springs, Colo. A Norad video showing fighter jets escorting Santa's sleigh is drawing critics who say it injects militarism into Christmas. BRENNAN LINSLEY/THE ASSOCIATED PRESS FILE

versy." The coalition hadn't known about the fighter jet video until reporters called, he said.

"Nobody in my organization was out there protesting," he said.

U.S. Navy Capt. Jeff Davis, a Norad spokesman, said he understands the critics' point of view but disagrees.

"We really do feel strongly that it's something that is safe and non-threatening, and not something that would negatively impact children," he said. "In fact, we think that it's a lot of fun."

Davis said the fighter escort is nothing new. Norad began depicting jets accompanying Santa and his reindeer in the 1960s, he said.

And he insisted the fighters in the video are unarmed: They're Canadian Air Force

CF-18s, with a large external fuel tank under the belly that might look like a bomb. The wing racks that would carry bombs or missiles are empty, he explained.

The flap has driven lots of viewers to the video — nearly 265,000 on YouTube by midday Monday.

"That's way off the charts for any other videos we've done before," Davis said.

A second video on noradsanta.org and on YouTube titled Norad Tracks Santa Command Video 2013, has drawn nearly 122,000 views. It's a longer, fast-paced mix of animation and real-life footage billed as a test flight for Santa, who gets the military tag Big Red One.

"This is very much a fun and safe and nonviolent site that children of all ages can visit," Davis said. "Parents can

be confident their children will walk away (and) have had fun and potentially have learned something, too."

Norad is a U.S.-Canadian operation based at Peterson Air Force Base in Colorado Springs, Colo. It's charged with defending the skies over both nations and monitoring sea approaches.

The Santa program began in 1955 when a typo in a local newspaper advertisement had children calling the hotline of Norad's predecessor, asking to talk to Santa.

It's now a Christmas tradition that thrills millions of kids, and parents. Last year, global monitoring of Santa's voyage logged 114,000 phone calls to Norad, 1.2 million Facebook followers and 129,000 Twitter followers.

THE ASSOCIATED PRESS



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Beauty queen shut out of ceremony

Japan. Last year's Miss International files criminal complaint against agency exec over alleged extortion

A Japanese beauty queen won't be handing over her crown to her successor after

she refused to sign with a major talent agency.

Ikumi Yoshimatsu, winner of last year's Miss International contest, has filed a criminal complaint against a top agency executive alleging obstruction of business, stalking, intimidation and extortion.

She says he threatened her life after she formed her own

Controversy

The organizers confirmed they won't allow Yoshimatsu to appear because they don't want media coverage of the controversy to overshadow the event.

management agency rather

than use his.

The teary-eyed beauty queen told reporters on Monday the executive had threatened sponsors and shareholders, and she was barred from Tuesday's ceremony in Tokyo.

The executive, Genichi Taniguchi, denied doing anything to Yoshimatsu and said he holds no grudges against her. **THE ASSOCIATED PRESS**



Miss International 2012 Ikumi Yoshimatsu addresses a news conference in Tokyo on Monday. SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Trial. Knox's solicitation of donations for victim an 'unbearable contradiction'

A lawyer urged an Italian appeals court on Monday to convict Amanda Knox of murdering British student Meredith Kercher and denounced as "unbearable" that the American was soliciting donations in Kercher's memory.

Francesco Maresca, in his closing arguments on behalf of the Kercher family in the third trial of Knox and co-defendant Raffaele Sollecito, urged the eight lay jurors on the panel of 10 to disregard publicity over the case as well as Knox's own statements, including her criticism of Italy's judicial system.

"She has become a well-known person. You know she signed contracts for millions of dollars for her book. She has someone who takes care of her public relations. She has a personal website where she invites people to collect donations in the memory of the victim, Meredith Kercher, which is an unbearable contradiction for the family," Maresca said.

Knox is soliciting donations on her website for her defence as well as an unspecified project in Kercher's memory.



Amanda Knox
THE ASSOCIATED PRESS FILE

Knox's lawyer, Carlo Dalla Vedova, said after the hearing that she was doing so out of the friendship she felt for Kercher, and that the criticism of her actions was irrelevant to the case.

Kercher, 21, was brutally murdered in November 2007 in the apartment she shared with Knox in the university town of Perugia. She had been raped and her throat slashed. Prosecutors claim Knox and Sollecito carried out the murder with a third man, Ivory Coast-born Rudy Guede, who is serving a 16-year sentence.

THE ASSOCIATED PRESS

Britain

Police to charge two people over offensive tweets

British police will charge two people over offensive tweets sent to a feminist activist, an online onslaught that sparked a national debate over the limits of free speech and pushed Twitter to revamp its abuse reporting worldwide. Prosecutors said Monday that 23-year-old Isabella Sorley and 25-year-old John Nimmo would be charged with "improper use of a communications network."

THE ASSOCIATED PRESS

Same-sex marriage

Methodist pastor defies church's Book of Discipline

A United Methodist minister in the U.S. plans to defy a church order to surrender his credentials for performing a same-sex wedding. Rev. Frank Schaefer said Monday he cannot uphold the church's Book of Discipline because he finds it discriminatory. The Methodist church accepts gay and lesbian members but rejects the practice of homosexuality as "incompatible with Christian teaching." **THE ASSOCIATED PRESS**

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Sun Life Financial found Canadians did not feel 2013 was a great year financially. SEAN KILPATRICK/THE CANADIAN PRESS

Majority felt strapped for cash this year

Haves and have-nots.

Albertans were most likely to feel better off, while Quebecers were feeling the squeeze

Sun Life Financial says 2013 wasn't a great year financially for most Canadians.

An Ipsos Reid survey conducted in November for Sun Life found that, overall, 57 per cent of Canadians felt they were not any better off financially than they were a year

A down year

57%

The majority of Canadians felt they were not better off financially in 2013.

ago.

Those feelings were even stronger among women and those aged 55 and older, with 61 per cent of both groups saying their financial position had not improved year over year.

On the flip side, 38 per cent of those surveyed did say their finances had improved compared with a year ago.

Albertans were most likely to say they felt better off, at 47 per cent, followed by those in Saskatchewan and Manitoba, at 45 per cent, and Atlantic Canadians at 43 per cent.

Quebecers were least likely, with 63 per cent saying their financial position was no better than a year ago.

"It's concerning that a majority of Canadians aren't feeling better off financially than they were last year as we head into a holiday season where we tend to spend more and save less," Sun Life president Kevin Dougherty said of the results.

THE CANADIAN PRESS

Collabo Innovations Inc.

Panasonic assigns patent-portfolio to Ottawa firm

Panasonic Corp. will assign about 900 patents and patent applications to a new subsidiary of Wi-LAN Inc., the Ottawa-based patent licensing firm announced Monday. The patents will be assigned to Wi-LAN's new subsidiary, Collabo Innovations Inc. THE CANADIAN PRESS

\$620M US

EU funding new rail technologies

The executive arm of the European Union says it will give US\$620 million to a research program trying to develop new railroad technologies by 2020.

The European Commission said in a statement Monday it will fund the program, together with companies active in the railway industry including Siemens, Thales, Alstom and others.

THE ASSOCIATED PRESS

CREA prediction

Housing market to stay strong in 2014

The Canadian housing market is expected to be even stronger in 2014, while sales of previously owned homes will come in slightly better than expected this year, according to The Canadian Real Estate Association. THE CANADIAN PRESS

Soaps. FDA wants makers of anti-bacterial products to prove safety, efficacy

After more than 40 years of study, the U.S. government says it has found no evidence that common anti-bacterial soaps prevent the spread of germs, and regulators want the makers of Dawn, Dial and other household staples to prove that their products do not pose health risks to consumers.

Scientists at the Food and Drug Administration announced Monday they are revisiting the safety of triclosan, the sanitizing agent found in soap in countless kitchens and bathrooms. Recent studies suggest triclosan and similar substances can interfere with hormone levels in lab animals and spur the growth of drug-resistant bacteria.

The government's preliminary ruling lends new support to



The FDA is revisiting the safety of several chemicals. THE ASSOCIATED PRESS

outside researchers who have long argued that the chemicals are, at best, ineffective and at worst, a threat to public health.

While the rule only applies to personal hygiene products, it has implications for a broader \$1 billion US industry that includes thousands of anti-bacterial products, including kitchen knives, toys, pacifiers and toothpaste. THE ASSOCIATED PRESS

Quoted

"The FDA is finally making a judgment call here and asking industry to show us that these products are better than soap and water."

Stuart Levy of Tufts University School of Medicine

Market Minute

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Apple calls on China to boost iPhone sales

A woman talks to a salesperson at Apple's retail store in Beijing Monday. Apple Inc. might have a chance to pep up cooling iPhone sales in China if it finally can reach a deal with the world's biggest phone carrier. Once China's must-have gadget, the iPhone has seen its popularity squeezed as the market filled with lower-priced rivals. That might change if it can gain access to China Mobile Ltd.'s network and a new pool of potential customers. NG HAN GUAN/THE ASSOCIATED PRESS

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FACEBOOK BUTTONS WE WOULD 'LIKE'

What's not to like about Facebook? Plenty of things.

For years, users have been clicking the thumbs up icon to show their approval on everything from vacation photos to music videos to engagement announcements. But what happens when we come across those news feed items that aren't so likeable?

Facebook engineer Dan Muriello recently announced that the global social media site is experimenting with a new "sympathize" button to provide an alternative option to the iconic 'like.' I can think of a number of appropriate occasions to use this new option, especially for melancholy posts about breakups, deaths or other personal tragedies. The "sympathize" button would also work well when used to express a comical "I've been there man" on a status update about an epic hangover.

It may be some time before this new feature pops up on



SHE SAYS

Jessica Napier

metronews.ca

our screens, but in the meantime I'd like to propose some additional new tools that those software engineers might want to consider. Here are my top five most-wanted Facebook buttons:

The 'dislike' button. Realistically, the much-discussed 'dislike' button will never actually appear on the social networking site, but it's nice to dream. I know the potential for cyber bullying would be atrocious — but I'd love to have the option to give an enthusiastic thumbs down to yet another Rob Ford video.

The 'seriously' button. This button would be reserved for all those racist and homophobic outbursts or generally ignorant remarks that make you cringe and wonder how you are even possibly friends with this individual. Also appropriate to use on any overtly suggestive bathing suit photos and lengthy status updates full of hashtags.

The 'OMG, if I see another picture of this baby, I'm going to

lose my mind' button. OK this one is pretty self-explanatory. Lately my news feed looks like a never-ending photo stream of offspring and it needs to stop. One or two snapshots of your newborn are lovely; posting a fresh 50-photo album every time the little tyke masters a new facial expression is completely gratuitous.

The 'nobody cares' button. A special feature designed for those users who don't seem to understand that over sharing the daily minutia of your mundane life isn't appropriate on Facebook (that's what Twitter is for). I'm looking at you, people who post multiple status updates whining about their flu symptoms in excruciating detail.

The 'vomit face' button. Sometimes nothing can encapsulate your feeling of total disgust like a putrid green, "I'm about to vomit," emoticon. This icon would be best suited for obnoxious humble brags, cheesy couple selfies, overly emotional song lyrics and anything to do with Rob-in Thicke. Bleugh.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

The *really* old game of cat and mouse



THE ASSOCIATED PRESS FILE

Domestication process verified

A cat-and-mouse game played out in a Chinese village some 5,300 years ago is helping scientists understand how wild felines transformed into the tame pets we know today.

In fact, it was the cat's appetite that started it down the path to domestication, scientists believe. The grain stored by ancient farmers was

a magnet for rodents. And that drew wild cats into villages to hunt the little critters. Over time, wild cats adapted to village life and became tamer around their human hosts.

That's the leading theory, anyway, for how wild cats long ago were transformed and became ancestors of today's house cats. That happened in the Middle East, rather than China. But bones from the Chinese village back

up the idea that felines took on the pest-control job in ancient times, says researcher Fiona Marshall of Washington University in St. Louis.

The study, focused on an agricultural village in northern China, comes from a poorly understood time in the history of cats. The first evidence of domesticated cats comes much later, in Egyptian artwork from about 4,000 years ago.

THE ASSOCIATED PRESS

5,300 years ago in China

- It's not yet clear whether the cats were from a local wild population, or were already domesticated and had been brought in from elsewhere. Either way, it shows that ancient cats filled the niche at the heart of the hypothesis about how domestication began.

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

According to a study released by Netflix, you are indeed not the only person who spent an entire weekend watching *Breaking Bad*. In fact, more than 60 per cent of subscribers are binge-watchers, to the tune of 2.3 episodes per sitting. Here are some shows that will allow you to continue the habit — at least until *Better Call Saul* arrives.

Twin Peaks:

It seems a little silly to recommend a pop culture staple, but everybody knows someone who has been affected by having never watched the immortal cult classic about a supernatural murder mystery in a rugged town inhabited by a surplus of unsavoury weirdos. Decide for yourselves if you want to add the movie to your experience.

Terriers:

A short-lived but much-missed buddy-cop series that sadly managed to squeak out one season before collapsing under the weight of dismal ratings. Whether poor marketing or a too-crowded market is to blame

for a premature demise, Terriers deserved better. Thankfully, the single-season arc ends about as perfectly as one could hope.

Justified:

Since *Deadwood*, Timothy Olyphant has nailed the swaggering, handsome lawman shtick. That shtick is honed to a knife's edge as he plays Raylan Givens, a U.S. marshal rustling up ne'er-do-wells in his childhood stomping grounds of rural Kentucky. Justified tends to be overshadowed by prestige "Golden Age" shows, but reliably clever writing usually makes it far more entertaining than most hours of *Mad Men*.



CONTRIBUTED

Twitter

@metropicks asked: Finance Minister Jim Flaherty says there's no plan to enrich CPP. Do you have a retirement plan?

@MiztressTia: Retirement plan? Of course, to die in the hardware aisle while working at Walmart at the age 98!!

@Gmc_gord: 15% buy gold, 10% lot-to-max, 5% my kids become wealthy,

70% work damn hard and live within my means (tho I can't resist #Amazon)

@ShonaLiz: Death.

@dan_giannini: Yah save more than you spend. Put it in something that will grow over time. Keep doing it believe me it works!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

Hating on bad history? Reign stars don't mind

McQueen for a queen.

Cast of much-critiqued show argue they're just making a teenage drama — plus they get to wear haute couture, so there

MICHELLE
CASTILLO

Metro World News

The stars of *Reign* have heard all the criticisms about the historical inaccuracies the show — and that is completely fine with them.

"Anybody's certainly welcome to do the historically accurate take on it, but that quite frankly isn't our show.... There's been a lot of criticism about that, but at the end of the day we're making a bit of a fantasy," Torrance Coombs, who plays the role of Sebastian, explained.

"We're making a teenage drama," Adelaide Kane, who plays Mary, Queen of Scots, added. Kane admitted that she used to get defensive when people spoke out against the show, but decided to stop reading all the hate. She's having more fun working with the cast and crew, wearing extravagant clothing and portraying one of the most notorious nobles that has ever existed.

Kane only knew the basics about Mary, Queen of Scots, before signing on to *Reign*. She had been auditioning for different shows for the CW network when she heard about the show. After submitting a video diary explaining who she was and channelling her father's Glaswegian accent, the producers selected her to play the



Adelaide Kane plays Mary, Queen of Scots, on *Reign*. CONTRIBUTED

main role before the audition process even started.

Her co-star Coombs knew very little about the legend as well, but he had some experience playing nobility from his role of Thomas Culpepper on *The Tudors*. He admitted that arriving on set felt like a "homecoming" of sorts, until he noticed the differences in characters and mood of the show — and a notable lack of nudity.

He said *Reign*'s elaborate costumes helped transform the 21st century actors into 16th century royalty. Costume designer Meredith Markworth-Pollack, whose past credits in-

clude *Gossip Girl* and *Hart of Dixie*, garbs the actors and actresses in designers like Alexander McQueen and Saint Laurent Paris.

Kane says the corsets can get annoying and needing help to get into her outfits can be a pain. Still, she's enjoying every minute of it.

"I get to wear haute couture that I would never normally wear," Kane said. "Like I'm not going to the Emmys, not a debutante, you know. I don't get to wear casual Alexander McQueen haute couture every day, so that's been amazing. And, you just get to wear leather a lot. Lots of leather."

Quoted

"(At) the end of the day we're making a bit of a fantasy." Torrance Coombs, who plays Sebastian on *Reign*

But, when the cameras stop rolling, Kane slips into her jeans and flats. The actors admit no one has any problems returning to the modern era. Cellphones and coffee cups are hidden just out of view.

"It's pretty hilarious," Kane added. "Yeah, everybody pulls their phones out of their boots or out of their corsets or whatever."

DVD review



Prisoners

Director. Denis Villeneuve

Stars. Jake Gyllenhaal, Hugh Jackman, Terrence Howard, Viola Davis, Paul Dano

The first U.S. feature by Quebec's Denis Villeneuve (*Incendies*) is a superb child kidnap thriller set in suburban Pennsylvania that uncoils with a serpent's stealth — and strikes just as suddenly. There's no way to prepare for what's about to happen to this comfortable neighbourhood, and also to everybody's notion of what's right and what's wrong in desperate circumstances. Hugh Jackman is a frantic dad, prepared to resort to vigilante justice to find his missing six-year-old daughter. Jake Gyllenhaal is a square-jawed cop fighting the clock, legal bureaucracy and rising anger. The two lead a strong cast that also includes Terrence Howard, Viola Davis, Paul Dano and Melissa Leo. A runner-up audience award winner at TIFF 2013, *Prisoners* is a potent commentary on modern life and fears and a triumph for Villeneuve. Extras include cast interviews and making-of featurettes.

PETER HOWELL

First of three Avatar sequels due in 2016



Director James Cameron at a press conference on Monday in New Zealand. THE ASSOCIATED PRESS

James Cameron says his vision for his three *Avatar* sequels is to create a family epic in the mould of *The Godfather* that will introduce viewers to new cultures and go underwater on his fictional moon Pandora.

The director announced Monday he will be filming the sequels in New Zealand, where he shot the triple Academy Award-winning original. In an interview with *The Associated Press*, Cameron also talked about life on a New Zealand farm, where he's growing walnuts and allowing his children to roam.

Cameron, 59, said he plans to release the first sequel in 2016, seven years after the release of *Avatar*, which has become the highest-grossing film in history with a box office take of nearly \$2.8 billion US.

He said a core team has been developing new software for the sequels even while he's been gone on other projects, including 18 months planning an 11-kilometre descent to the deepest part of the ocean, which he successfully completed last year.

"It's going to be a lot of new imagery and a lot of new

environments and creatures across Pandora," he said. "We're blowing it out all over the place. At first I thought I was going to take it onto other worlds as well, in the same solar system, but it turned out not to be necessary. I mean the Pandora that we have imagined will be a fantasy land that is going to occupy people for decades to come, the way I see it."

Cameron said the films will explore different Na'vi cultures as well the cultures of other Pandora creatures.

THE ASSOCIATED PRESS

A Sully dynasty?

- Cameron noted that the first movie focused on the main character, Jake Sully. "It was very Jake-centric. His story seen through his eyes," he said. "We spread it around quite a bit more as we go forward. It's really the story of his family, the family that he creates on Pandora. His extended family. So think of it as a family saga like *The Godfather*."

2 SCENE



Prince Harry. ALL PHOTOS GETTY IMAGES

So a smelly prince walks into a bar in Antarctica...

As Prince Harry continues his epic trek in Antarctica, he could really use a drink. But life, he's learning, is full of disappointments. Harry and his hiking buddies — including Dominic West and Alexander Skarsgard — arrived at a bar at McMurdo Station only to be denied service, according to Radar Online. "They were

denied (drinks)," a source says. "Only staff and employees are allowed alcohol and tobacco." It probably didn't help matters that Harry and company weren't at their most presentable. "All three were very smelly and scruffy," the source adds. "They are only allowed two two-minute showers per week."

Another star we don't want to see naked

Former Suite Life of Zack & Cody star Dylan Sprouse is the latest young Disney star caught up in a nude photo scandal, thanks to a pair of revealing selfies that hit the Internet over the weekend. The 21-year-old Sprouse, currently attending NYU, is owning up to it, at least. "Whoops, guess I'm not 14 and fat anymore," he tweeted. "I messed up, but I'd be a fool not to own up to it. Got to move past it, I suppose." He didn't make it through without enduring some gentle ribbing from his twin brother and former co-star, Cole Sprouse, who tweeted, "Cold in that bathroom, huh?"



Dylan Sprouse

Hannah and French Montana? Not so fast

Miley Cyrus is fending off speculation that she's dating rapper French Montana after the pair were spotted sharing a warm embrace in New York City recently, according to Hollywood Life. "Miley was doing some post-show flirting with French Montana before leaving (Madison Square Garden) and heading to the after-party," a source says, adding Cyrus was spotted "grinding" on Montana. Cyrus' response? "Don't hug your friends goodbye unless you want to



Miley Cyrus

be rumoured 'dating,'" she tweeted. "I want to think more of the world but people just keep proving their stupidity."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



What funny rumours have the stars heard about themselves?

MEREDITH ENGEL

Metro World News in New York City

We were on the red carpet at this year's Jingle Ball concert at Madison Square Garden, where Miley Cyrus, Robin Thicke, Macklemore, Enrique Iglesias and many other stars took the stage. So many big stars in one room means many opportunities for misinformation, so we decided to help the stars out — we had them clear up the silliest rumour they've heard about themselves. Here's what they had to say:

Ryan Seacrest

What is the funniest story you have ever read about yourself?

That I can sing! You can't sing? I cannot sing. Just rap.

Snooki

What is the funniest story you have ever read about yourself?

That I dated Drake. JWoww: How was it? Snooki: It was great!

Kellan Lutz

What is the funniest story you have ever read about yourself?

I don't know how to read, so I don't know how to answer that question. No, I'm joking.

Dr. Oz

What is the funniest story you have ever read about yourself?

There was an article that I was having an affair with Oprah.

Of all people! What did you think?

It was a crazy idea.

Austin Mahone

What is the funniest story you have ever read about yourself?

Some person wrote about me saying that my favourite sport is surfing but I've never surfed in my life, so I don't know where they got that.

WITH FILES FROM MAJA LUNDAGER



Rebel Wilson

Rebel and Melissa don't plan to size down

Rebel Wilson and pal Melissa McCarthy are leaning on each other to resist pressures from Hollywood about their weight, according to Star magazine. "Neither one of them is trying to lose weight, and they've formed this little support group to keep each other from falling into the skinny Hollywood trap," a source says of the Bridesmaids co-stars. "Obviously, they could both snap their fingers and lose the weight

because of the resources they have available to them — which could include everything from personal trainers to lap band surgery — but right now they're agreeing with each other that they have to hold the line and provide a positive image for overweight girls everywhere. There will be plenty of time for dieting years from now, but Rebel and Melissa are determined to stay at their current sizes for now."

Susan's award-show highlights

Susan Sarandon has found a way to make boring awards shows more fun: going to them stoned. During a chat on Bravo's Watch What Happens Live, Sarandon was asked by Andy Cohen to name one event she'd shown up to stoned, to which she replied, "Only one?" After a laugh, the eight-time Golden Globe nominee, five-time Oscar nominee and four-time Emmy nominee candidly offered, "I would say almost all except the Oscars."



Susan Sarandon

Twitter



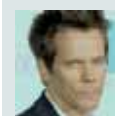
@ElizabethHurley

My parrot Ping Pong has mastered my phone ring. Endearing but annoying.



@kirstiealley

if I was a stripper I would have breast implants put in my shoulder blades just to throw guys off



@kevinbacon

Judging by the Holiday sweaters and Santa pins it's clear that flight attendants love Xmas

Hungover, but healthy

ROMINA
MCGUINNESS
Metro World News

1. Replenish lost fluids

Alcohol functions as a diuretic, pulling the water out of your body.

"When this happens, you lose a lot of electrolytes (calcium, potassium and magnesium), and that's one of the reasons we feel terrible," says London-based nutritional therapist Gabriela Peacock. "Water gets transported back into your bloodstream much more

quickly if the electrolytes are present. So the best way to rehydrate is to get these back in your system by drinking something containing these, such as coconut water."

7. Scrub away the dirt

"I love sonic cleansing systems, such as the Clarisonic brush, because I really feel they help exfoliate and give the skin great glow," says Jaliman.

"If you don't have a brush, pick a gentle exfoliator, making sure it contains glycerin or ceramides, and spend about two minutes washing your face to get rid of all the grime."

6. Freeze your face

"Always keep gel ice packs in the freezer as this helps take out puffiness from under the eyes after a hard night out," says LA-based dermatologist Dr. Debra Jaliman, author of Skin Rules. "You can also

take an over-the-counter antihistamine like Benadryl or apply an eye cream that contains caffeine (it constricts the blood vessels and decreases the blood flow under the eye) to improve the appearance of dark circles."

2. Eat eggs and avoid a comedown

"Eggs contain high levels of protein and sulphur, two

things that help get the toxins out of the liver," says Peacock. "The high protein content also increases the production of serotonin, a neurotransmitter in the brain that helps elevate our moods. So if you're feeling cranky after a night out, eating an egg helps. They're also a great source of B vitamins (depleted when we drink) that the liver needs in order to break down the ethanol."

3. Purify your insides

"Kale, broccoli, artichoke... these are all fantastic for liver regeneration," Peacock tells us.

Try steaming them and sprinkle with some spices.

"Turmeric and cinnamon stimulate the liver and ginger helps beat nausea."

4. Drink to de-puff

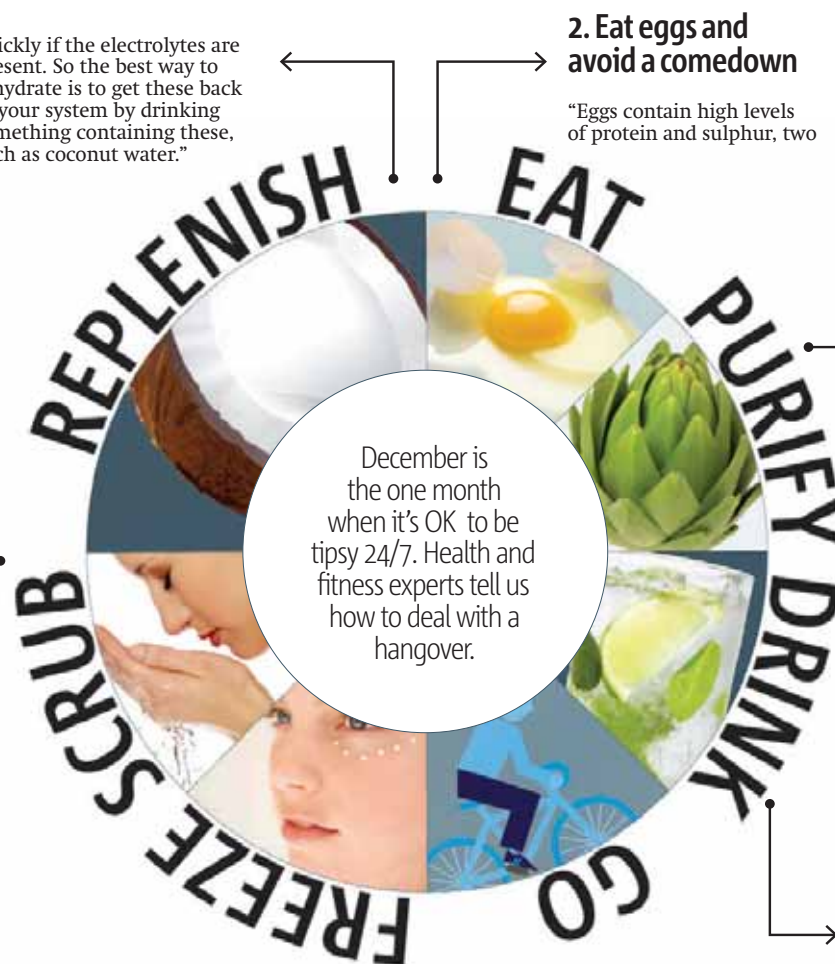
"Alcohol causes bloating, so drink some lemon-and-parsley (an anti-inflammatory) infused water to de-swell. Fill up two bottles of the pre-prepared brew, and keep one by your bed (for when you get home) and one in the fridge (for when you wake up)," Ary Nunez, Rihanna's personal trainer, said.

5. Go for a spin (if you can stand up straight)

If you're feeling queasy, you need to evaluate if you can actually move.

"Sit up straight (in your bed) and cross your legs. Now

close your eyes and spend about 10 minutes breathing through your nose (the most efficient way of circulating oxygen) to figure out how you're feeling," says Nunez. "If you can make it to the gym, go to a one-hour spinning class."



3 TIPS

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Do I need orthodontic treatment?



Give that canned chef the boot with your own beefy pasta



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1. Preheat oven to 425 F. Light-

Ingredients

8 oz small-shell pasta

Meat Sauce

- 1 tsp vegetable oil
- 2/3 cup finely chopped onion
- 1 1/2 tsp finely chopped garlic
- 8 oz lean ground beef
- 1 cup tomato sauce

Cheese sauce

- 1 1/4 cups canned evaporated 2% milk
- 3/4 cup low-sodium beef stock
- 1/2 tsp Dijon mustard
- 2 tbsp all-purpose flour
- 1/2 cup shredded aged cheddar cheese
- 1/4 cup grated Parmesan cheese (1 oz/30 g)
- 2 tbsp chopped parsley



This recipe serves six. ROSE REISMAN

ly coat a 9- x 13-inch casserole dish with cooking spray.

2. Bring pot of water to boil. Add pasta and cook 10 minutes or until tender but still firm. Drain; place in casserole dish.

3. Meat sauce: Heat vegetable oil in skillet over medium heat. Add onion and garlic and sauté 4 minutes or until softened. Add ground beef and cook, stir-

ring to break up meat, 4 minutes or until no longer pink. Stir in tomato sauce, cover and cook 5 minutes. Set aside.

4. Cheese sauce: Combine milk, stock and mustard in saucepan. Slowly whisk in flour. Place over medium heat and stir until mix begins to boil. Reduce heat to low and simmer, stirring occasionally, 5 minutes or until sauce is slight-

ly thickened. Stir in cheddar cheese and half the Parmesan cheese and stir until melted. Remove from the heat and add to the meat sauce.

5. Pour sauce over the cooked pasta and stir to combine. Sprinkle with remaining Parmesan and bake in the preheated oven for 10 to 15 minutes or until completely heated through. Garnish with parsley.

Health Solutions

Everybody say, 'goat cheese'



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Every party needs a cheese platter but it doesn't have to be boring or unhealthy.

Think about a theme that goes for the goat.

Goat's cheese isn't just the soft variety that started showing up on pizza in the '80s. Many varieties are now using goat's milk for its health and flavour benefits.

This dairy is both lower in fat and contains a more easily digestible, naturally homogenized protein.

Some fun ways to bump up your platter are:

- Soak a log of chevre in extra virgin olive

oil, minced garlic and chopped olives. Warm for 10 minutes and serve as spread.

- Place a chunk of feta on a platter, surround with walnuts, sprinkle with cinnamon and drizzle with honey.

- Goat's Brie goes remarkably well with pears and stout beer.

- Aged goat's cheddar is just as yummy as cow's. Think about serving it alongside apple pie.

Goat's cheese provides all of the calcium, phosphorus, riboflavin and vitamin A you want from your cheese but with that little extra zip.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Dinner. Caesar Squash Pappardelle



1. Bring a large saucepan of salted water to a boil. Add the pasta and cook according to package directions.

2. About 4 minutes before the pasta is done cooking, add the butternut squash. Then 2 minutes later, add the zucchini. Cook everything for another 2 minutes. Reserve 1/3 cup of the cooking water, then drain.

3. Transfer the pasta, squash and zucchini to a large bowl. Add the garlic, fish sauce, black pepper, olive oil and reserved cooking liquid. Add the Parmesan cheese and parsley, tossing the pasta to

thoroughly coat everything and melt the cheese. Serve.

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Ingredients

- 1 lb pappardelle pasta
- 1 small butternut squash, peeled, seeded and thinly sliced
- 1 medium zucchini, thinly sliced lengthwise
- 3 cloves garlic, minced
- 2 tbsp fish sauce
- 1 tsp ground black pepper
- 2 tbsp extra-virgin olive oil
- 1 cup shredded Parmesan cheese
- 1/4 cup chopped parsley

Vegetarian with a kick: Baked Tomato and Cheese Penne

Tomato pesto gives this meatless, cheesy pasta bake an extra tomato kick. It's great for serving a crowd, or bank the leftovers for another night for the family.

1. Preheat oven to 400 F (200 C). Grease 13 X 9-inch (3 L) glass baking dish.

2. In large pot of boiling salted water, cook pasta for 5 minutes; drain. Pasta will not be tender.

3. In large saucepan, heat oil

Ingredients

- 1 pkg (454 g) PC Splendido Penne Rigate
- 2 tbsp (25 ml) olive oil
- 2 cups (500 ml) chopped white onion
- 4 cloves garlic, chopped
- 2 cans (each 796 ml) San Marzano tomatoes
- 1 jar (270 ml) PC Splendido Tomato Pesto
- 1 ball (340 g) mozzarella cheese, shredded



This recipe serves 10. PRESIDENT'S CHOICE

over medium-low heat; cook onion for 8 to 10 minutes or until softened. Stir in garlic; cook for 30 seconds or until fragrant. Add tomatoes and their juices. Using potato masher, crush them in the

saucepan. Stir in pesto. Increase heat to medium; cook for 8 to 10 minutes or until flavours have melded and sauce is hot.

4. In large bowl, toss pasta

in hot sauce. Scrape into prepared baking dish. Top with shredded cheese. Bake uncovered for 15 to 20 minutes or until cheese is melted and browned.

COURTESY PRESIDENT'S CHOICE



The sun and sea of Florida comes at a price. ISTOCK

Prepare for the pitfalls before spreading your snowbird wings

JOLT act. If it passes in Congress, more Canucks swapping snow for sun will face income and real estate tax bills, and more



YOUR MONEY
Alison Griffiths
money@metronews.ca

I've been a (working) snowbird in Florida for five years and love it. My husband and I feel very fortunate. But, like everything else, there's a learning curve.

Aside from learning how to live in two countries, there are tax and real estate considerations. This is especially true since the Jobs Originated through Launching Travel (JOLT) Act was proposed in the spring. Among other things, the act would extend the time Canadians

buying homes for \$500,000 or more can be in the U.S. without a visa from the current 182 days to 240.

The JOLT Act didn't make it through Congress this fall, but it's likely to pass on reintroduction if pressure to reduce the real estate benchmark and make tax changes is successful.

It will be great to have the flexibility. However, it could mean that more snowbirds are subject to U.S. income and estate tax because they will be deemed U.S. residents.

The formula for determining U.S. residency is a bit complex but essentially amounts to an average of 120 days annually over three years. That means some snowbirds are already considered U.S. residents but don't know it. The whole point of JOLT is to benefit the \$130-billion US travel industry. So I suspect that tax changes will be included when the act is eventually passed, otherwise Canadian snowbirds will steer clear of Uncle Sam by keeping their winter sojourns shorter.

And one more thing...

• **Health care.** Another important issue for snowbirds is health care. Provincial health plans don't cover you if you're out of the country more than six months and you may have to re-establish residency in order to qualify again.

track not only when you enter the U.S., but also your departure. The other issue for snowbirds owning a U.S. home is that if the Canadian owner or a joint owner dies, the U.S. property may be subject to estate tax, but only if you're wealthy.

Also, there may be Canadian tax on capital gains to be paid for a second home in the U.S. or tax on rental income. Canadians who bought property at bargain prices between 2008 and 2012 could make substantial gains if the market eventually moves back to more normal levels and if the loonie continues to slide.

Enjoying the snowbird life isn't as simple as it was years ago. But if you take your time, follow all regulations to the letter, use a U.S.-based lawyer for real estate transactions and keep on top of developments through organizations such as the Canadian Snowbird Association you'll find, as I do, that the winter-less life is really quite fine.

In the meantime, anyone who spends an extended period of time in the U.S. and is not working or studying should file Form 8840, Closer Connection Exemption Statement for Aliens. Essentially, it's a declaration of Canadian residency.

Snowbirds should also maintain a log of when they cross the border and keep on hand copies of credit card statements, income tax assessments and property taxes, just in case there is a question about where you are a permanent resident.

Don't try to cheat! Next summer a new system will

Only fools rush in ... to an overindulgent Xmas

Alison Sweeney. Host of *The Biggest Loser* is keen to set a good example for her kids by having a healthy, disciplined holiday

MAJA LUNDAGER PEDERSEN
Metro World News in NYC

We recently sat down with Alison Sweeney, host of *The Biggest Loser* and the new leader of California Almonds' team of lifestyle experts, for a talk about health and holidays.

During our chat, one thing became clear: No Christmas miracle will save your weight.

Whereas many resort to telling themselves that during the holidays calories don't count, Sweeney doesn't buy into that theory — and it shows in her food choices and the way she raises her children.

"Getting carried away and looking at it like 'Oh, I'll figure it out later,' is not a good idea," she tells

Goals for 2014

• **Question.** On Twitter Sweeney asked people what their 2014 healthy goals are. She shared her favorite answers with us:

"Some of the ones that I loved hearing people talk about were wanting to make healthier choices with their children. What can we do together as a family to work out? Lot's of people responded that they want to get more sleep, which is definitely something I need to work on. I liked people talking about finding time to work out. It doesn't have to be all or nothing — if you can't make time for an hour-long workout, that doesn't mean you shouldn't do anything. You can still find 10 minutes to do some squats or lunges. Get something in."

kids, she says.

"I have an 8-year-old and a 4-year-old and I want to instill in them healthy nutritional values. I want them to be used to making healthy choices themselves," Sweeney, who is also author of *The Star Attraction* and *The Mommy Diet*, says.

But that doesn't mean cutting out fun, period. "I don't want them to feel like they can never have something indulgent, but (I want them to) also know how to control their portions."

She doesn't understand why people would ever lie to themselves about what is healthy and what is not.

"You need to arm yourself with the information. If you want to eat (whatever you feel like eating), go for it, but go in knowing what you are really eating and how many calories are really in it."

"Don't let them fool you, don't fool yourself. Be honest with yourself about what you put in your body and maybe you will make better choices. At least you will make educated ones."

us. Her go-to snack at holiday parties is vegetables — just that. She wants to set a good example for her



Sweeney reminds us that exercise doesn't have to be all or nothing. Do 10 minutes if you can't do an hour. GETTY IMAGE



Senators owner Eugene Melnyk admits to being disappointed at the team's current state. THE CANADIAN PRESS FILE

Melnyk challenges players 'to step up'

Senators. Team owner frustrated with results thus far but has faith in roster to turn it around

Ottawa Senators owner Eugene Melnyk is looking for consistency.

Like many, the Senators owner had high hopes for the team this season, and he admits to being disappointed at the team's current state. After overcoming key injuries

and making a playoff run last season, the Senators look like they have taken a step back. They currently sit sixth in the Atlantic Division with a 13-15-6 record.

"I think we could always improve," Melnyk said. "There's no question. I just spoke to (general manager Bryan Murray) and the coach and we're looking for improvement from certain players. They have to step up and show us what they can actually do."

Melnyk said he has faith in the current players on his

team, but added there's a sense of urgency for the team to show signs of improvement. A lack of consistency has been an issue for the Senators and Melnyk said the team is in need of a lengthy winning streak.

Ottawa has not won more than three straight games this season.

"I mean we are 32, 33 games into the season. It's about time that we start getting into some streaks," he said. "Nothing beats a nice six-, seven- or eight-game winning streak. Give me six out of eight

and I'll be happy."

As well as struggling on the ice, the Senators have also been a bit of a disappointment at the box office. Ottawa has struggled to fill the Canadian Tire Centre this year with just four sellouts after 18 home games.

Melnyk believes much of the Senators attendance issues have had to do with a "wonky" schedule that has seen Ottawa play a number of matinee games as well as numerous Monday night games.

THE CANADIAN PRESS

NHL. Thornton appealing 15-game suspension for attack on Penguin Orpik

Bruins tough guy Shawn Thornton has decided to appeal his 15-game suspension for punching and injuring unsuspecting Penguins defenceman Brooks Orpik.

As laid out in the collective bargaining agreement, the appeal first goes to commissioner Gary Bettman. If Bettman upholds the suspension, Thornton and the NHLPA can then elect to appeal to a neutral arbitrator.

THE CANADIAN PRESS



The Bruins' Shawn Thornton is appealing his 15-game suspension. CHARLES KRUPA/THE ASSOCIATED PRESS

UFC. Jones, Gustafsson support GSP's decision

UFC light-heavyweight champion Jon (Bones) Jones is backing Georges St-Pierre's decision to give up his title and walk away from the sport.

"I'm proud of him," Jones said in an interview from Sacramento, site of the UFC's weekend televised card. "I think he's listening to his body and he's doing what makes him happy and that's what life is about ultimately."

Calling his life a "freaking zoo," St-Pierre announced Friday that he was leaving the sport for an undetermined

Quoted

"If he thinks that's the right decision, I understand.... Only he knows what's best for him."

Alexander (The Mauler) Gustafsson on Georges St-Pierre's decision to take a leave from mixed martial arts.

period of time to look after undisclosed personal issues. He is ranked No. 2 behind Jones on the UFC's pound-for-pound top fighter list. THE CANADIAN PRESS

Sports in pictures



1 College basketball.

Canuck named player of week

Canada's Michelle Plouffe has been named NCAA player of the week by espnW. The senior forward from Edmonton is averaging 19.6 points and 11.4 rebounds a game this season. THE CANADIAN PRESS

2 NFL. 'Skins coach has no plans to resign

Washington Redskins coach Mike Shanahan said Monday it's "accurate" that he doesn't plan to quit after what will be his third losing season in four years. The Redskins are 3-11.

THE ASSOCIATED PRESS

3 NFL. Source: Incognito out for rest of year

Miami Dolphins guard Richie Incognito will remain on the NFL's suspended list with pay for the rest of the season, including the playoffs, a person familiar with the situation said Monday.

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Horoscopes

Aries

March 21 - April 20

There are times when it is right to back down but this isn't one of them. If you find yourself under attack today, stand up and fight back. Don't be intimidated by noise makers.

Taurus

April 21 - May 21

You may feel compelled to accept what is offered but if you are not happy with the terms, speak up or there will be trouble further down the line. You are not being selfish by holding out for more.

Gemini

May 22 - June 21

The full moon in your sign suggests at least one challenge is heading your way and it is important that you face up to it. Don't let anyone bully you.

Cancer

June 22 - July 23

Do others have your best interests at heart? Why leave it to chance? Money matters and business issues are a minefield, so tread carefully and make sure you are not being cheated.

Leo

July 24 - Aug. 23

You may be brave by nature but taking risks is best avoided today, especially on the home front where loved ones are unlikely to see the funny side of your pranks — and even less if they have to come and rescue you.

Virgo

Aug. 24 - Sept. 23

Someone will be aggressive towards you today. What have you done to deserve being treated harshly? Probably nothing but they may see it as getting you back for something you previously did. Let it pass.

Libra

Sept. 24 - Oct. 23

You can be persuasive at times but don't go too far and demand that people change their views. Communication is about the exchange of ideas, not forcing your ideas on those who clearly don't want them.

Scorpio

Oct. 24 - Nov. 22

Someone will give you a hard time today and you are not the sort to back down. However, if you find yourself battling someone in a position of power, don't take it too far.

Sagittarius

Nov. 23 - Dec. 21

If you know what is good for you, keep a low profile over the next 24 hours. A full moon in your opposite sign means you will encounter people who rub you the wrong way. You don't have to interact with them.

Capricorn

Dec. 22 - Jan. 20

Don't waste your time arguing about something that is trivial. If you find yourself losing your temper with someone who refuses to see sense, just turn your back and walk away.

Aquarius

Jan. 21 - Feb. 19

Today's full moon indicates that your differences with a certain person are too strong to pretend they do not exist. If a parting of the ways is necessary so be it. You'll be better off.

Pisces

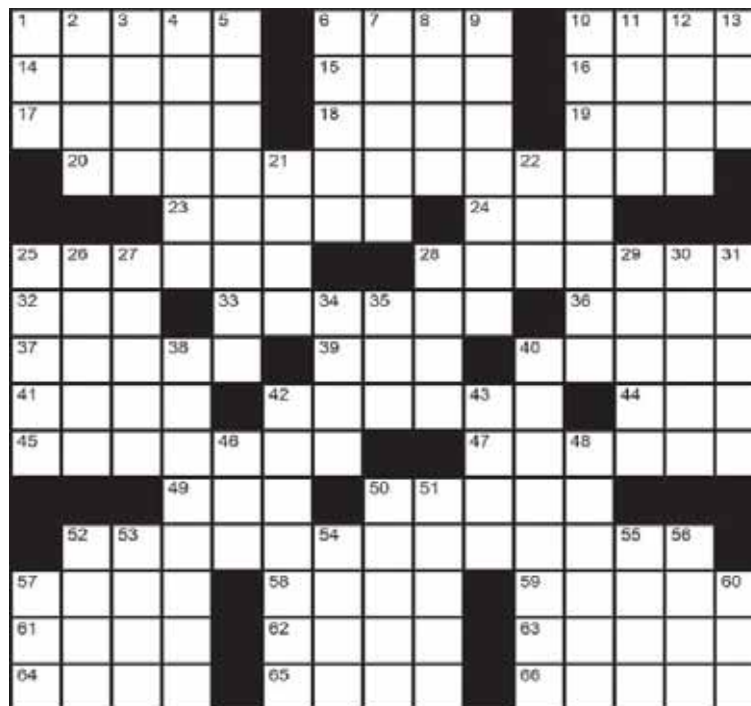
Feb. 20 - March 20

Accidents will happen but that does not mean they have to happen to you. If you look for adventure, you will find it. It may be fun to begin with but later on it will be you who slips and falls. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. "That's great!": 2 wds.
6. Catch
10. Cheerios uniform letters on FOX's "Glee"
14. John ___ (Tractor company)
15. Breadbasket item
16. Prefix to 'tude' (Elevation)
17. Opera highlights
18. Be goofy, ___ fool
19. Canuck coffee spot, to regulars
20. Members of this intergovernmental forum include Canada and Iceland: 2 wds.
23. Without a ___ stand on
24. "What??"
25. "Psst!" from above: 2 wds.
28. Maple Leafs great Doug
32. Society notice word
33. "We Three Kings of ___ Are"
36. Feminizing suffix
37. Paw parts
39. Canuck motorists org.
40. "And now, the ___" - Paul Anka, "My Way"
41. ___ Space Museum of Calgary
42. Jeff __, Animal Planet host
44. Hot season in Hull



45. Surname of the Prime Minister who won the Nobel Peace Prize in 1957
47. ___ (How dishes are often sold)
49. Critical
50. Twin brother of Romulus in Roman mythology
52. Reason for some

- animal extinctions: 3 wds.
57. KISS ballad
58. Shoe parts
59. Stanley of "Julie & Julia" (2009)
61. Not fooled by: 2 wds.
62. Fort __, ON
63. 1911 Edith Wharton novel, __ Frome

64. On
65. Mail
66. ___ evil, hear...

Down

1. Harem room
2. Wife of Zeus
3. Skating great Johnny
4. Prophet

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

11. Nero's 1052
12. WWW code
13. "___ boom-bah!"
21. Disney CEO, Bob ___
22. Void, in Paris
25. Open the bottle
26. Point ___ (Canada mainland's most southerly tip)
27. Supremes' "I ___ Symphony"
28. Chew
29. Waves: French
30. Join
31. Adjust anew
34. Picture
35. Hearer
38. North Pole: Santa's ___
40. Master bedroom must-haves
42. Phoenix players
43. Shakespeare's foot?
46. French possessive
48. Shrewd
50. River of Germany
51. Facilitated
52. Temporarily gave
53. Director Mr. Preminger
54. Fairway warning!
55. Be sore
56. Coast-to-coast road, famously
57. Designer gown accessory
60. She gave Odysseus a veil

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

Flurries

70%

Wednesday

Flurries

40%

Know what the weather will be 14 days from now. Check the 14 day trend.

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